







2020

September

Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9am Activity Cart 9:30am Room Visits/Leisure Stroll- Sh3 1:30pm Beverage Cart 2:15pm News Review-Sh2</p>	<p>2</p> <p>9:15am Sing A Long- Sh3 9:45 Balloon Volleyball- Sh3 10:15 Balloon Volleyball- Sh2 1:30pm IDT Meeting</p> <p>Channel 4 9am Morning Show 10am Cooking with Carol</p>	<p>3</p> <p>9am Beverage Cart- Sh3 9:30am Room Visits/Leisure Stroll- Sh2 1:30pm Beverage Cart- Sh2 2:15pm Spelling Bee- Sh3</p>	<p>4</p> <p>9am Activity Cart- Sh2 9:30am Activity Cart- Sh3 10am Isolation Bingo 1:30pm Fresh Fruit Cart</p>	<p>5</p> <p>9am Beverage Cart 1:30pm Room Visits/Leisure Stroll 2:30pm News Review-Sh3</p> <p><u>SrTV Movie Channels:</u> Starz 84-85 HBO 116-121 Cinemax 122-127</p>
<p>6</p> <p>Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20</p>	<p>7</p> 	<p>8</p>  <p>Amanda - OFF</p>	<p>9</p> <p>9:15am Sing A Long- Sh2 9:45 Hallway Stretch- Sh3 10:15 Hallway Stretch- Sh2 1:30pm IDT Meeting</p> <p>Channel 4 9am Morning Show 10am Cooking with Carol</p>	<p>10</p> <p>9am Beverage Cart- Sh3 9:30am Room Visits/Leisure Stroll- Sh2 1:30pm Beverage Cart- Sh2 2:15pm Room Visits/Leisure Stroll- Sh3</p>	<p>11</p> <p>9am Activity Cart- Sh2 9:30am Activity Cart- Sh3 10am Isolation Big Bucks Bingo 1:30pm Ice Cream Cart</p>	<p>12</p> <p>9am Beverage Cart 1:30pm Room Visits/Leisure Stroll 2:30pm News Review-Sh3</p> <p><u>SrTV Movie Channels:</u> Starz 84-85 HBO 116-121 Cinemax 122-127</p>
<p>13</p> <p>Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20</p>	<p>14</p> <p><u>Labor Day History:</u></p> <p>It was created by the Labor Movement in the late 19th century, and became a federal holiday in 1894.</p>	<p>15</p> <p>9am Activity Cart 9:30am Room Visits/Leisure Stroll- Sh3 1:30pm Beverage Cart 2:15pm News Review-Sh2</p>	<p>16</p> <p>9:15 Name That Tune- Sh3 9:45 Balloon Soccer- Sh3 10:15 Balloon Soccer- Sh2 1:30pm IDT Meeting</p> <p>Channel 4 9am Morning Show 10am Cooking with Carol</p>	<p>17</p> <p>9am Beverage Cart- Sh2 9:30am Room Visits/Leisure Stroll – Sh2 1:30pm Beverage Cart- Sh3 2:15pm Spelling Bee- Sh2</p>	<p>18</p>  <p>Amanda - OFF</p>	<p>19</p> <p>Channel 4 9am Morning Show 10am Cooking with Carol</p> <p>Amanda - OFF</p>
<p>20</p> <p>Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20</p>	<p>21</p> <p>First day of Autumn is Tuesday, September 22nd (aka TOMORROW)</p>	<p>22</p> <p>9am Activity Cart 9:30am Room Visits/Leisure Stroll - Sh3 1:30pm Beverage Cart 2:15pm News Review-Sh2</p>	<p>23</p> <p>9:15 Name That Tune- Sh2 9:45 Get Moving!-Sh3 10:15 Get Moving!- Sh2 1:30pm IDT Meeting</p> <p>Channel 4 9am Morning Show 10am Cooking with Carol</p>	<p>24</p> <p>9am Beverage Cart- Sh3 9:30am Room Visits/Leisure Stroll- Sh2 1:30pm Beverage Cart- Sh2</p>	<p>25</p> <p>9am Activity Cart- Sh2 9:30am Activity Cart- Sh3 10am Isolation Bingo 1:30pm Bakery Cart</p>	<p>26</p> <p>9am Beverage Cart 1:30pm Room Visits/Leisure Stroll 2:30pm News Review-Sh3</p> <p><u>SrTV Movie Channels:</u> Starz 84-85 HBO 116-121 Cinemax 122-127</p>
<p>27</p> <p>Senior TV Church Services: Catholic: 6:30am Channel 20 8am –or- 12pm Channel 98 Protestant: 8am Channel 20 Christian: 9:30am Channel 20</p>	<p>28</p> <p>September Fun Fact:</p> <p>Constitution Day is a forgotten holiday that falls on Sept. 17th, which marks the day the U.S. Constitution was adopted.</p>	<p>29</p> <p>9am Activity Cart 9:30am Room Visits/Leisure Stroll – Sh3 1:30pm Beverage Cart 2:15pm News Review-Sh2</p>	<p>30</p> <p>9:15 Who Am I?- Sh3 9:45 Hallway Stretch- Sh3 10:15 Hallway Stretch- Sh2 1:30pm IDT Meeting</p> <p>Channel 4 9am Morning Show 10am Cooking with Carol</p>			<p>Amanda Jensema, CTRS, Recreation Therapist 202-541-7721</p> <p>Annemarie Wilson, MS, CTRS, RT Supervisor 202-541-7626</p>